

# My Journey Through Stroke and the Stroke System: Importance of Advocacy

Ronald M. Stewart, MD





# System to treat strokes saves one of its backers


BY DON FINLEY : FEBRUARY 11, 2012 : Updated: February 11, 2012 11:54pm

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# End of Life Regrets

- Friends and family
  - Not spending enough time or attention
  - Not mending broken relationships
- Chasing rather than choosing happiness
- Failure to follow dreams / Failure to take a stance or a chance

Goldsmith and Reiter (2007-01-09). What Got You Here, Won't Get You There.

Eric Jackson: The 25 Biggest Regrets In Life. What Are Yours?, Forbes, 10/18/2012.

Bronnie Ware: 5 Top Regrets of the Dying: Don't wait until your health fails before living the life you want to live. AARP, February 1, 2012

# Lessons Learned

- Gratitude
- Joy
- Knowledge
- Time







# Thank You!!



# Following Stroke

- Maximizing recovery
  - Working with rehabilitation team
  - Goal – maximal functional recovery
- Prevention of recurrent stroke
  - Routine medical care
    - Hypertension
    - Diabetes mellitus
    - Smoking
    - Dyslipidemia
    - Physical inactivity



# Advocacy

## Importance of Our Leadership



# *The Gift*

Our calling, by common consent the noblest of any, dignifies all who join its ranks. The honour of the profession is the cumulative honour of all who, both in days gone by and in our own time, have worthily and honestly laboured in it...

## **The First Murphy Memorial Oration.**

DELIVERED BEFORE THE AMERICAN COLLEGE OF SURGEONS,  
IN MONTREAL, OCTOBER 11TH, 1920.

BY

SIR BERKELEY MOYNIHAN, K.C.M.G., C.B., F.R.C.S.,  
PROFESSOR OF CLINICAL SURGERY, UNIVERSITY OF LEEDS.

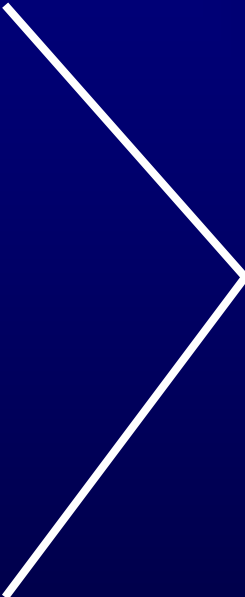
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# Pillars of a Modern Trauma System

- Prevention
- Acute Care
  - Communications systems
  - EMS
  - Trauma Centers
- Rehabilitation
- Framework for Disaster Preparedness
- Framework for other time sensitive diseases

# Pillars of a Modern Trauma System

- Prevention
- Acute Care
  - Communications systems
  - EMS
  - Trauma Centers
- Framework for Disaster Preparedness & time sensitive disease
- Rehabilitation – reintegration



Requires timely  
structured  
cooperation and  
communication.



Cooperation + Competition = “Coopetition”



VAL VERDE REGIONAL  
MEDICAL CENTER



57MINS



UNIVERSITY HOSPITAL



160 MILES

2HOURS 40MINS



- 27,000 miles<sup>2</sup>
- 2.6 million people
- Urban-Frontier

# Conscious Leadership

- Conscious decisions
- Leadership
- Far more likely to do unconscious harm than unconscious good.

“Deliberation to do evil is less harmful in sum than carelessness about doing good.”

Sherman Goodwin, MD

# Leadership Attributes for the Advocate

## 7 P's to Be

- Participatory – Be friendly and collaborative
- Professionalism – doing what's right for patient
- Problem solver – Promote a culture of Yes
- Process improvement
- Passionate
- Patience
- Perseverant





**AMBROSE PARE,**

COUNCILLOR OF STATE AND SURGEON-IN-CHIEF TO HENRY III. OF FRANCE.

This account of the first step of **Paré** towards fame tallies with his own account of it in later life :—

“I was but twelve years old when this appetite was awakened within me ; seeing and recognising, after a difficult and skilful operation of which I was a witness, how useful and helpful was the science of surgery. **It appeared to me to be beautiful and best of all things to work thus for the relief and cure of suffering.** From the moment when I promised myself that this should be the task of my life, the desire and pleasure to be useful was my principal aim ; and since then I have always moved towards that end. I left my

# Questions and Thank you!



Bluebonnets after the storm, R Stewart

# Wildflowers





- Bluebonnet
  - Beautiful
  - Delicate
  - Enduring
  - Small lupine
- 
- Weed of the pea family
  - Endemic to South and Central Texas



























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# Context

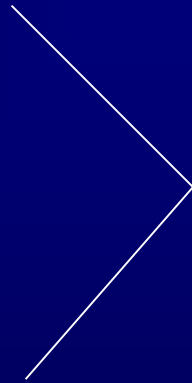


Context!



# Vision

- Perspective
- Illumination
- Context

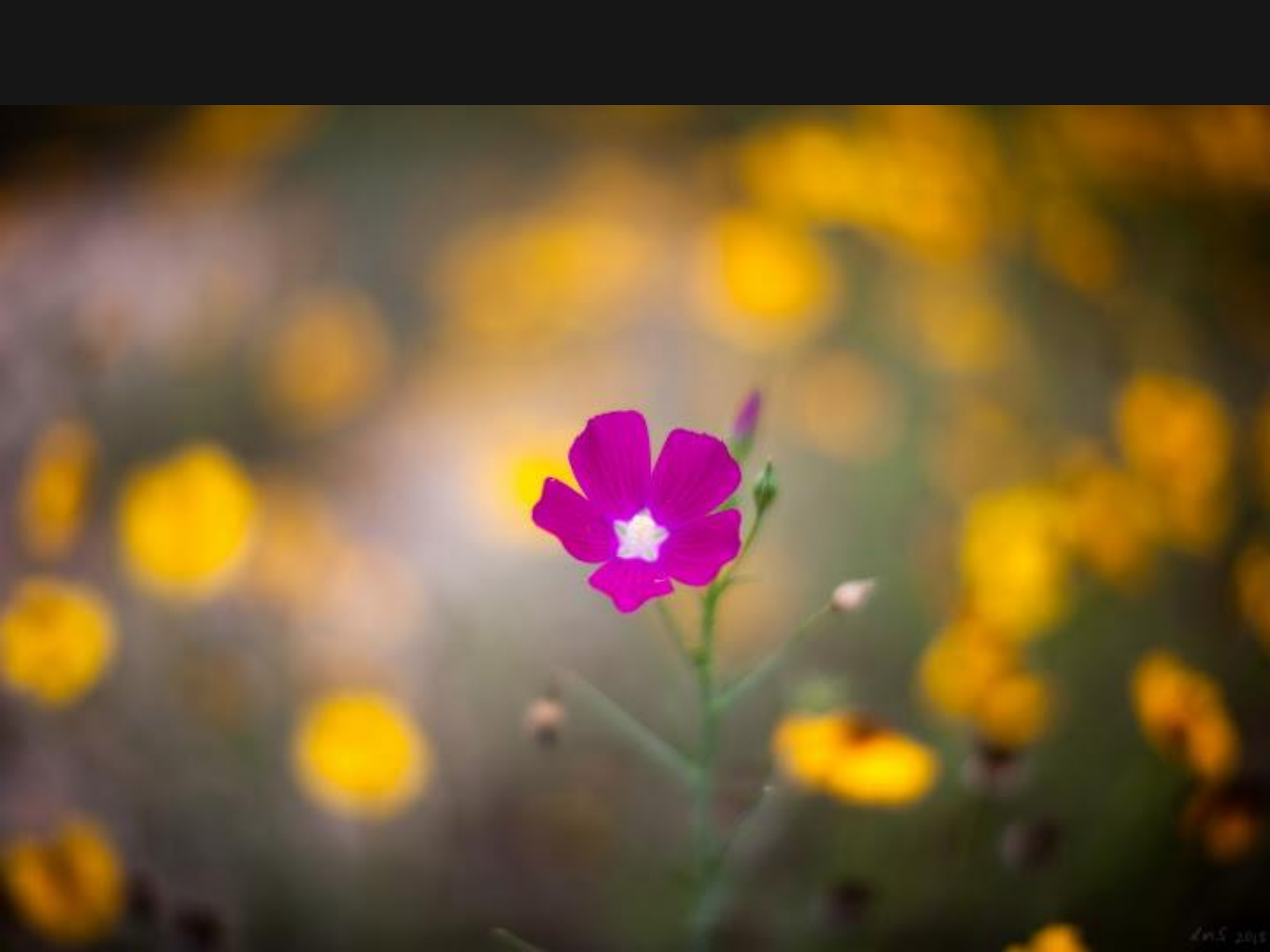


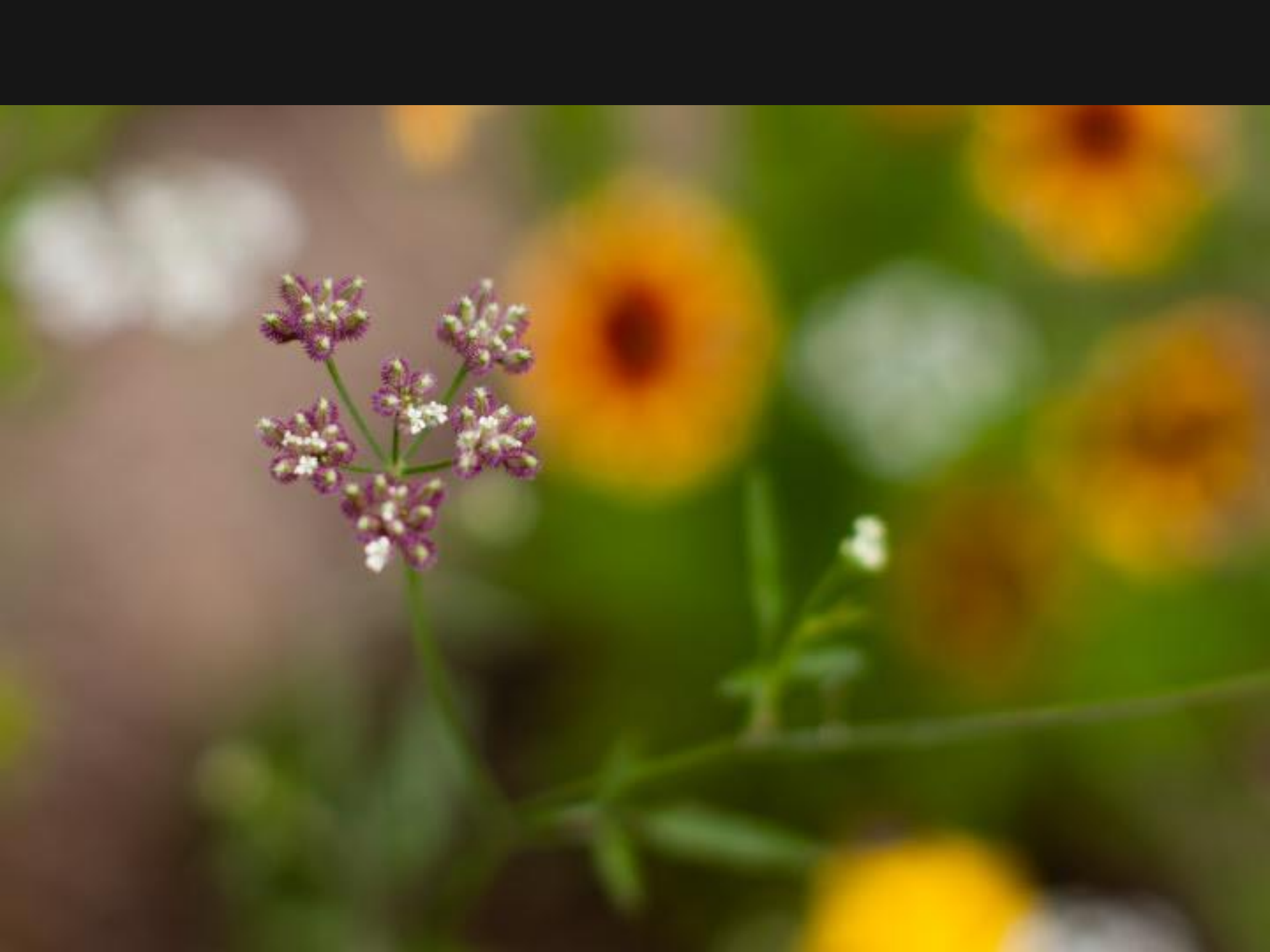
Our view of the profession  
determines our response.











# A Better Perspective

- Reframe the profession from a different perspective—in my mind a more correct perspective
- Shine a gentle, soft light on the subject
- View the beautiful context of the Profession